

## — Vitamins, Minerals & Dietary Fatty Acids

### Minerals

There are two kinds of minerals: macro minerals and trace minerals. Macro minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

#### Hide

— CADMIUM, BLOOD  
(mcg/L)

<0.5

Range: <=1.7

### CADMIUM, BLOOD

(mcg/L)



#### Result Comments

#### Reference Range:

Adults, Non-Smokers: 1.7 mcg/L or less

Adults, Smokers: 5.0 mcg/L or less

OSHA Reference Range: 5.0 mcg/L or less

Toxic Concentration: Early signs of toxicity have been observed at 30 mcg/L.

Cadmium is a naturally occurring element that is mined and used in industrial production because of its durability. Exposure tends to occur in industrial sectors including manufacturing, construction, and transportation. Excessive cadmium exposure can damage lungs, kidneys, and the digestive tract.

For more information, visit <https://www.cdc.gov/niosh/topics/cadmium/>

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute, Chantilly, VA. It has not been cleared or approved by the FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.